

## ***Rice Cooker Recipes***

*You will be surprised at how easy it is to prepare many delicious dishes in a rice cooker. Try these and create your own and see if you agree.*

### **Oatmeal with Raisins and Cinnamon**

Serves 2

1 cup regular oats  
½ teaspoon cinnamon  
A pinch of salt  
¼ cup raisins  
2 cups cold water  
Warm milk

Place everything, except the milk, in the rice cooker.  
Plug it in, cover it and push “cook”  
When the cooker switches to “warm”, open carefully and stir.  
Serve with warm milk.

**\*\*Notes:** If you like your oatmeal chewier, add a bit less water next time. If softer, add a bit more water

### **Chicken and Vegetable Rice**

Serves 4

2 teaspoons cooking oil  
1 medium onion, chopped  
4 cloves garlic, chopped  
1 inch piece fresh ginger, chopped fine or 1 teaspoon ginger powder  
1 large carrot, cut in 4 long pieces and then sliced into 1 inch pieces  
2 cups chicken meat, cubed  
1 ½ cups brown rice, quickly rinsed  
3 ½ cups water or stock  
A small bunch of bok choy or 2 branches of broccoli, cut in small pieces  
1 tablespoon soy sauce or 2 tablespoons stir fry sauce

Plug the rice cooker in and push the “cook” button  
Warm the oil and add onions and garlic and stir  
Cook for a few minutes until they start to color  
Add rice and water or stock  
Cover and let the food cook for 30 minutes  
Carefully lift cover, add the rest of the ingredients, stir and cover again. \*\*\*If it looks dry, add a bit more stock or water  
Cook for about 10-15 minutes longer until rice is tender

## **Warm Bulgur Salad**

Makes about 4 cups

1 cup bulgur wheat  
1 1/2 cups water or a light vegetable stock  
4 green onions, sliced thin  
1 cup diced cucumber  
2 cups cherry tomato halves or 2 large tomatoes, diced  
2 tablespoons olive oil  
Juice of 1 lemon  
2 cloves garlic, crushed (or to your taste)  
½ a bunch fresh parsley, chopped (optional)  
Salt and pepper to taste

Place bulgur and water in the cooker, plug in, cover and press cook.  
As soon as it comes to a boil, turn it off and let it sit for about 20-25 minutes.  
Fluff it with a fork, so grains are separate.  
Add all of the other ingredients and spoon it into a bowl.  
Serve warm or chilled.

With a piece of cheese and fruit, you have a lovely meal.

Recipes developed by Golda Simon, Seattle Nutrition Action Consortium